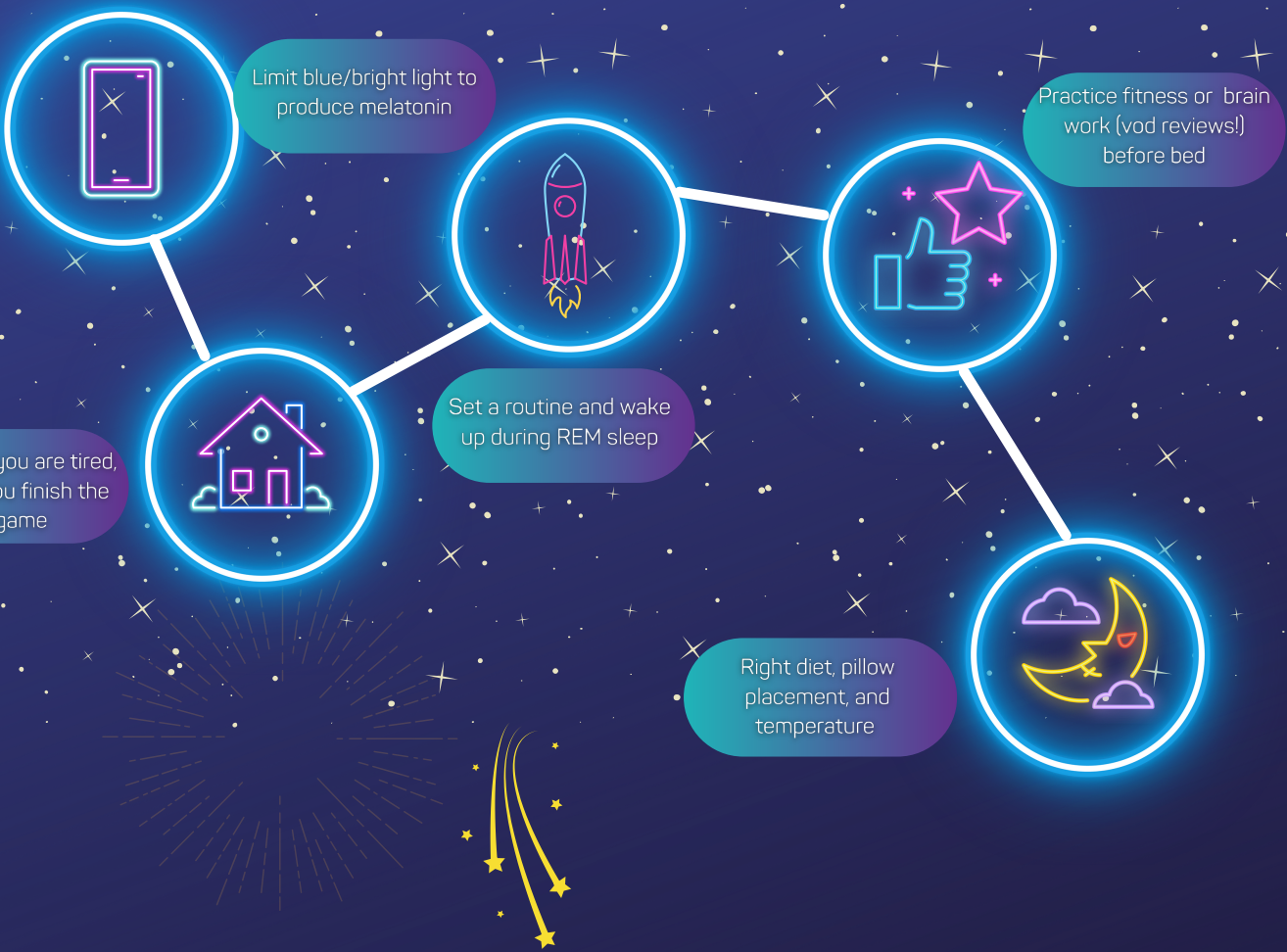


SLEEP BENEFITS IN GAMING

As esports players, sleep is possibly the largest underlying factor of success and wellbeing -- even more so than practice and skill acquisition.

ELEMENTS OF *good* SLEEP



SLEEP BENEFITS IN GAMING

Cognitive Performance

- Learning and Memory
- Decision-Making
- Vigilance and Alertness

Mental Health

- Stress and Anxiety
- Processing trauma
- Mood and Depression

Physical Health

- Healing and Recovery
- Metabolism
- Muscle growth
- Weight processing

Ok, but why does sleep matter?

←--- Sleep Impacts ---→

Sleep has been heavily studied throughout many years of research. Many people think of sleep as a time to shut down all processes, but this is actually the opposite of what happens. During the resting process the body consolidates, sorts, and integrates information it learned into permanent long-term memory. While short-term memory only exists for around 30 seconds to 1 minute, long-term memory exists for many years!

Sleep also plays an impact on the body's ability to control stress and release appropriate amounts of hormones to counteract different emotions and events. In addition, cells grow, repair, and rebuild during sleep -- almost at a rate of 3x that of normal functioning. Finally sleep controls levels of insulin and glucose, which handle the way our fat and muscle cells use and store energy.

OUTCOMES OF GOOD SLEEP



Memory consolidation from practice will lead to more informed gaming practices and you will improve without putting in too many hours of grinding practice. Sleep is the ultimate training grounds.



Overall improvement of wellbeing, mentally and physically. Opens more room for physical activity as your cells are actually repairing instead of being in constant disarray.



Sustainability of posture, pain, and self. Sleep improves performance, recall and memory, and mental stability, resulting in a well-balanced self.